

THE ROUND UP

Local music news & events

By Michael Witthaus
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• **Metal mamas:** Southern California-based tribute band **The Iron Maidens** performs “The Trooper,” “Hallowed Be Thy Name” and “Can I Play With Madness?” with the same visual touch taken by Lez Zeppelin – band members are female, with nicknames like “Bruce Chickinson.” They touch on each stage of the thunderous band’s career, and even bring Eddie, the grim reaper, out for a bow. Thursday, Aug 8, 8 p.m., Tupelo Music Hall, 10 A St., Derry, \$40 at tupelomusichall.com.

• **Road tested:** Prog-folk duo **The Rough and Tumble** continue a concert series at a historic lakeside listening room. With forceful lyrics and musicality, Pennsylvania-born Mallory Graham and Californian Scott Tyler have toured for more than a decade and won many awards along the way. Friday, Aug. 9, 7:30 p.m., The Livery, 58 Main St., Sunapee, \$20 at thelivery.org.

• **Funky sound:** Six-piece funk fusion powerhouse **Mica’s Groove Train** returns to a favorite venue. Band leader Yamica Peterson is a soulful singer and keyboard player with a voice that can lift a crowd from its chairs and onto the dance floor. They are back and busy with a solid catalog of original songs. Saturday, Aug. 10, 8 p.m., Stumble Inn, 28 Rockingham Road, Londonderry, micagroovetrain.com.

• **Rap night:** A regular weekly hip-hop event in downtown Manchester is upsized into **Rap Night Super Show**. It’s a packed event, with NYC-based, Denver-raised rapper Deca, best known for the single “Breadcrumbs,” topping the bill. He’s joined by Felix Forward, Dillon, Jarv, Mister Burns and Campbell Red, with DJ Myth on turntables and Shawn Caliber co-hosting with eyenine. Sunday, Aug. 11, 9 p.m., Shaskeen Pub, 909 Elm St., Manchester, \$10 door, 21+.

• **Folk goddess:** Along with writing gorgeous songs, **Antje Duvkot** is a talented animator who’s made music videos for Dar Williams, Toad the Wet Sprocket and other contemporaries. Her most recent album is 2023’s fan-funded *New Wild West*. Tuesday, Aug. 14, 6 p.m., Hermit Woods Winery & Eatery, 72 Main St., Meredith, \$15 and up at eventbrite.com.

NITE

Natural thing

Barefoot Festival returns

By Michael Witthaus
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One doesn’t need to look far to find music and arts festivals that are struggling this year. Several have been cut back or canceled altogether. So it’s heartening that the Barefoot Festival, which started in 2023, is returning for a second time. The two-day event’s philosophy is back as well: It’s about both music and mindfulness, with local acts and movement classes getting equal billing, along with a strong visual arts component.

A key difference between Barefoot and other festivals is its scale, founder Jen Bakalar said in a recent phone interview.

“We’re calling it a micro festival, kind of the sweet spot where we’re hoping for a few hundred people, everyone feeling comfortable, safe and not too overwhelmed,” she said. “It does seem like an antidote to the big festivals, having been to a couple of those this summer.”

Performing on Saturday are Freakquonox, Danny Kemps, Ian Galipeau, Yoni Gordon, Superbug, Great Groove Theory, Party of the Sun, Princess Kikou, the Evocatives, and Hug the Dog. On Sunday it’s Matt Litzinger, Andrea Paquin, Tyler Allgood, Sara Trunzo, Saguaro, Deep Seize, Kendall Row, Modern Fools, Caylin Costello Band, and DJ Flex. The lineup reflects last year’s with several returning artists.

“We kept the music pretty local; I think the farthest act is coming from Maine, and we’re bringing in some new singer-songwriters and a few new bands,” Bakalar said, adding she’s looking forward to the jammy Saguaro. “We wanted ... a good mix of genres and styles so everybody had something that they would want to dance to and listen to. It was nice also to have bands returning, because they kind of know the vibes and people know them.”

Organizers also want the festival to be substance-free. There are no alcohol sales, similar to last year, but this time around the message is more forward.

“It’s about connection,” Bakalar said. “We also want to stress that the venue is a wellness retreat. ... We’re not telling people they can’t bring alcohol, but we would love for people to not make that the focus.”

Opportunities for “intentional movement” abound and are included with festival admission. Bakalar hopes this will inspire

Barefoot Festival

When: Saturday, Aug. 10, and Sunday, Aug. 11, at 10 a.m.

Where: Bethel Farm, 34 Bethel Road, Hillsborough

Tickets: \$45 to \$80 at barefootmusicandarts.com



Courtesy photo.

participation. “The spirit of the whole thing is we’re connecting and we’re sharing,” she said. “We’re presenting things that maybe people haven’t tried yet. Maybe they’re like, ‘Oh, I don’t really do yoga’ or ‘I don’t know what that is,’ but this is a way for them to get their toes in. Maybe it’ll be like, ‘Wow, that’s something that I want to do.’”

She expects a couples massage session led by Alex Lorenz to be popular. “That’s one I’m looking forward to personally,” she said. “I think that’s just like such a cool thing to share with people. That one is probably going to be full, we’ll have to squeeze people in, but you don’t have to sign up.”

A variety of art installations are planned, including Sophie Sanders, whose work will be a stage backdrop, a new addition to the festival. Video artist Albie will project his works on a nearby screen. Adam Schepker is back to create interactive works that hew

to a playful philosophy stated in his festival bio: “I feel adults lose their childhood sense of fun and joy due to their adult responsibilities and some strange code of conduct that many adults feel tied to.”

Attendees should prepare for a few things, Bakalar cautioned. “Wear your sneakers, be ready to walk,” she said, adding that last year’s “leave no trace” policy is still in effect.

“If you didn’t pre-buy your ticket and you’re not spending the night, then you’re going to park probably a little bit farther. We heard from people last year that it’s not easy to find, so we’re going to do a lot more with putting up signs to get people to the farm. But once you’re there, you’ve got everything you need.”

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JEN BAKALAR